

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

Sodium (Salt) Content of Foods

Your sodium needs may increase or decrease if you have certain medical conditions. Your registered dietitian nutritionist will help you figure out how much sodium you need.

Your sodium goal is _____ milligrams per day.

- A moderate-sodium or low-sodium food can become a high-sodium food if you eat a large amount.
- A high-sodium food can be considered a low-sodium food if you only eat a small amount of it.
- The Nutrition Facts label on food products lists the amount of sodium in milligrams (mg) per serving.

Foods High in Sodium (more than 300 mg)

Food Group	Food	Serving	Amount (mg)
Grains	▶ Bagel, 4-inch	1	400-450
	▶ Biscuit, 2½-inch	1	330
	▶ Croissant	2 ounces	425
	▶ Pretzels, salted	1 ounce	400
	▶ Rice, seasoned, prepared from box	1 cup	600-900
Protein Foods	▶ Bacon	2 slices	300
	▶ Beef, dried	1 ounce	790
	▶ Beans, canned, such as garbanzo or kidney	½ cup	405-445
	▶ Fish, canned or smoked, salmon or sardines	3 ounces	400-700
	▶ Ham	1 ounce	375
	▶ Hot dog, beef or pork	1	510
	▶ Veggie burger	1	380
Dairy and Dairy Alternatives	▶ Buttermilk	1 cup	260
	▶ Cheese, American or feta	1 ounce	325-475
	▶ Cottage cheese	½ cup	460
Vegetables	▶ Tomato or vegetable juice	½ cup	640
	▶ Tomato sauce	½ cup	510
	▶ Mushrooms, canned	½ cup	330

Food Group	Food	Serving	Amount (mg)
Other	▶ Barbecue sauce	2 tablespoons	350
	▶ Ketchup	2 tablespoons	335
	▶ Fish sauce	1 tablespoon	900-1,500
	▶ Oyster sauce	1 tablespoon	670
	▶ Pasta sauces: alfredo, spaghetti, or marinara	½ cup	640-800
	▶ Pickle	1 large	570
	▶ Salt (table salt)	1 teaspoon	2,325
	▶ Soup, canned	1 cup	700-1,000
	▶ Soy sauce, low sodium or regular	1 tablespoon	600-900
	▶ Teriyaki sauce	1 tablespoon	690

Foods Moderate in Sodium (140-300 mg)

Food Group	Food	Serving	Amount (mg)
Grains	▶ Bread: pumpernickel, rye, or white	1 slice	170-215
	▶ Bun, hot dog or hamburger	1	205
	▶ Cereal: raisin bran	½ cup	175
	▶ English muffin	1	250
	▶ Pancake or waffle, 4-inch	1	240
	▶ Pasta	½ cup	0
	▶ Pita, 4-inch	1	150
	▶ Rice	½ cup	0
	▶ Tortilla, 6-inch	1	205
Protein Foods	▶ Lunch meat, pork or beef	1 ounce	210
	▶ Nuts, salted, mixed, or peanuts	¼ cup	190-230
	▶ Sausage: beef, chicken, or pork	1 ounce	200
	▶ Tuna, canned in water	3 ounces	290
Dairy and Dairy Alternatives	▶ Cheese: cheddar, muenster, mozzarella, or provolone	1 ounce	150-175
	▶ Cheese, parmesan	2 tablespoons	150
	▶ Cheese, ricotta	½ cup	155
Vegetables	▶ Vegetables, canned: corn, green beans, or tomatoes	½ cup	160-285
Other	▶ Miso	½ cup	160
	▶ Olives	5 large	190
	▶ Pudding, ready-to-eat	½ cup	190
	▶ Salad dressing	2 tablespoons	200-300
	▶ Salsa	2 tablespoons	205

Foods Low in Sodium (less than 140 mg)

Food Group	Food	Serving	Amount (mg)
Grains	▶ Bread, Italian or wheat	1 slice	120-130
	▶ Cereal: bran, corn, rice, or wheat	½ cup	100-140
Protein Foods	▶ Egg substitute, liquid	¼ cup	120
	▶ Egg, whole	1 large	70
	▶ Meats; fresh; beef, fish, lamb, pork, or poultry	3 ounces	60-100
	▶ Nut butters: almond, cashew, or peanut	1 tablespoon	70
	▶ Seeds, unsalted: pumpkin or sunflower	2 tablespoons	55
Dairy and Dairy Alternatives	▶ Milk	1 cup	100
	▶ Milk, evaporated	½ cup	135
	▶ Soymilk	1 cup	125
	▶ Yogurt	6 ounces	55
Vegetables	▶ Vegetables, canned, low sodium	½ cup	140 or less
	▶ Vegetables, fresh or frozen	½ cup	5-10
Fruit	▶ Fruit, fresh, frozen, or canned	1 piece or ½ cup	0-5
Other	▶ Butter, salted	1 tablespoon	90
	▶ Margarine	1 tablespoon	135
	▶ Mustard	1 teaspoon	55

Notes: